

**Claims:**

1. Use of a dietary ingredient comprising at least one edible lipid, wherein said lipid does not inhibit mineral absorption and/or enhances mineral absorption and intake and wherein said lipid is selected from the group consisting of chemically or enzymatically synthesized synthetic oils, particularly glyceride-based lipids with over 50% of mono- or polyunsaturated fatty acids at positions *sn*-1 and *sn*-3 of the glycerol backbone, vegetable- and plant-derived, preferably flax and canola oils, short and medium chains lipids, preferably MCT and oils mimicking the triglyceride composition of human mother's milk fat in the preparation of a food article for infants and/or children.
2. The use of any one of claims 1, wherein said minerals are selected from the group consisting of calcium, magnesium, iron and other divalent minerals.
3. The use of any one of claims 1 to 2, further comprising at least one of edible additives, emulsifiers or carriers.
4. The use of any one of claims 1 to 3, wherein said food article enhances dietary calcium absorption.
5. The use of any one of claims 1 to 4, wherein said dietary ingredient or food article comprising the same is useful in the prevention and/or treatment of disorders associated with any one of depletion of bone calcium and bone density.
6. The use of claim 5, wherein said dietary ingredient or food article comprising the same is useful in the prevention and/or treatment of osteoporosis.

7. The use of any one of claims 1 to 6, wherein said dietary ingredient or food article comprising the same is useful in the enhancement of bone formation and bone mass maximization.
8. The use of claim 7, wherein said dietary ingredient or food article comprising the same is useful in the enhancement of bone formation in infants and young children.
9. The use of any one of claims 1 to 5, wherein said dietary ingredient or food article comprising the same does not cause loss of energy intake by infants and children.
10. A food article comprising the dietary ingredient as defined in claim 1.
11. The food article of claim 10, wherein said food article may be selected from infant food, children food, bakery products, including bread, particularly biscuits and pastries, dairy products, including milk and dairy drinks, ice cream, cereal products, sauces, spreads, including margarine, oils and fats, soy products, meat products, fried food products, confectionery products, candy bars, candies and chocolates, snacks, drinks and shakes, instant drink products, prepared foods for infants and young children and for adults, including prepared cooked mashed vegetables and/or fruits and condiment products.
12. Use of the lipid ingredient as defined in any one of claims 1 to 5 as a carrier for dietary supplements.

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